

## HABITS

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It is of the greatest importance to cultivate good habits. For good habits give good character. So what we are, or may be, depends on what our habits have been and are.

A thing once done, is easier to do the second time. Habit seems at first no stronger than a spider web; but by and by it binds with an iron chain. It is like snow. One flake seems nothing. But, flake by flake, an avalanche will be formed. Don't you want to grow a good habit—like a plant from a seed? Plant a seed—one good deed—(to keep your temper, to be punctual, to be unselfish, etc.,) and every time you do the right thing, that plant grows a little. Try to make it a large, strong plant.

"Train up a child in the way he should go; and when he is old he will not depart from it" Proverbs 22:6.

Character consists in little acts, well and honorably performed; daily life being the quarry from which we built it up, and rough-hew the habits which form it.

"Habits like letters cut in the bark of a tree, grow and widen with age."

"All is habit with mankind, even virtue itself."

"Habits are a necklace of pearls; untie the knot, and the whole unthreads."

"I trust everything, under God, to habit, on which, in all ages, the lawgiver, as well as the school-master, has mainly placed his reliance; habits, which make everything easy and casts the difficulties upon the deviation from a wonted course."

"Make sobriety a habit, and intemperance will be hateful; make prudence a habit and reckless profligacy will become revolting."

"Principles are but the names which we assign to habits; for the principles are words, but the habits are the things themselves; benefactors or tyrants, according as they are good or evil."

"Sow an act, and you reap a habit; habits make character, and character decides your destiny."

## Strong Food for Strong Living

Few great physical exploits have ever come out of a diet of caramels and chewing-gum. It is not possible at the same time to burrow with the muck worms and soar with the eagles. If we feed low we must live low. If we allow our thoughts to be absorbed by commonplace people and trivial affairs, we shall have no strength to rise to great deeds. The man who is satisfied with duck ponds is not likely to cross oceans and discover new continents.

If in our reading and associations we throw ourselves in contact with none but petty ideals and sordid examples, we shall be likely to spend our lives in shallow and narrow living; but if we use every opportunity to nourish our souls with the loftier thoughts and more inspiring companionships open to al-

most every one, we shall be nourished for larger and stronger living.

In many homes and communities there are great temptations to fritter away time and energies on small gossip, and there is little to stimulate young people to lofty ambitions.

The only escape from shrivelling, in such an environment, is feeding the mind on strong food by means of well selected reading.

The young man that elects to spend all his evenings over the newspaper, or the flashy story paper, or in listening to the loud-mouthed and often foul mouthed braggarts of the country store or the billiard room, elects to be a starveling and a pygmy.

If this is his fate, he cannot blame his birthplace or surroundings for it. A large part of the supply of virile business men and public men is coming from country homes and dull little villages. The chief difference between a loafer and a bank president is sometimes no more than the difference between a boy with a strong, invigorating book, and a boy dangling his heels over an empty goods box at the neighborhood loafing place.

Thousands of such choices will be made this winter. The poverty of helpful reading matter in some Christian homes whose dining tables groan with plenty for the body, is sometimes pitiful. A cheap weekly (and weakly) paper, an almanac, a padded subscription book, "The Lights and Shades of New York," and no village or neighborhood library—what a barren field in which to nurture a strong, manly life in the future American citizen!

What is your own mental diet to be? Nothing from nothing comes. "Give me a man that eats roast beef," said an employer while discussing the capacity of his employees. "No pie-munchers wanted here."

What a diet of pie is to the muscles, a diet of novels and tittle-tattle is to the brain and soul. We must demand for our spiritual natures what we ask of our marketman for our bodies when we insist on his sending us the best brands of goods. We must feed strong, for every demand of our age is for strong living by God's men and women—Christian Endeavor World.

## Missions

## Chicago Mission

The work of getting ready for the Christmas services in the Mission is going on, and the children are jubilant in anticipation of a good time. The committee met last night and decided on the kind of treats the children should have. Our Sunday-school is growing and the last Sunday was the coldest day I remember of holding services on since I have been in the city, yet the attendance was very good.

A sad bereavement has befallen Brother and Sister Stridiron in the death of their little son Willie. He departed this life early yesterday morning. He had diphtheria two months ago, and never fully recovered from

it, which finally resulted in his death. He was a sweet little boy of about two years of age. The family have the united sympathies of all the friends. Funeral will be Friday.

The extreme cold weather of the past week is severe on the many poor of the city and there is much suffering. Already a few of the children stay at home on account of having no shoes. Our prayer meetings are very interesting. We are pleased with every feature of the work, only there seems to be a slow response to the call of our secretary for funds with which to settle up our church purchase. We are praying daily that the Lord may lay it on the hearts of the brethren everywhere to speedily contribute of the abundance the Lord has given you, that we may have a house of our own to worship in, and that the Missionary Board may not be embarrassed when the time comes to settle, which is *January 1st*. May God bless you with much liberality.

We enjoyed a very pleasant but short visit from brother and sister C. Rowland this week.

Clothing that can be used for the needy will be blessed of the Lord in the work here.

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## From the National Capitol

For several weeks I have not taken the time to write, but I feel that I can not keep quiet any longer, altho my time is more than taken up in other matters that relate to the work under my care. First, I praise God that he still continues to add precious souls to the church; three more received by baptism on last Thursday night at our prayer-meeting, and at the close of the service, another responded to the invitation, and stood up for Christ; a man above sixty years of age and one who had wandered far away into the depths of sin. In addition to our regular services at the church we are holding cottage prayer meetings each week and with glorious results. Fellow pastors, you do not know how much you are losing if you fail to hold these meetings in the homes.

In connection with my pastoral calls and house to house visitation I am working up my EVANGELIST subscriptions, which is a source of great pleasure to me. Last week I sent my oldest daughter, (but 12 years of age) to call on a lady subscriber to see if she still wished her paper continued. She said, "By all means; I can not afford to do without so good a paper." This lady is a member of the Episcopal church. Some time since in company with one of our own ministers, some reference was made to a certain subject that related to the good of the church at large, and he said, "I'm disgusted with the whole business." I asked, "Do you take the church paper, THE EVANGELIST?" "No," was the quick reply. "Then I'm disgusted with you." Yes, I did say it. I shall not here say what else I said to him, but he promised before our conversation ended